

FIGHTS DISMISSAL: Capt. Susan R. Struck, 26, Louisville, Ky., wants to remain on active duty in spite of the fact she could become the first Air Force officer on active duty to give birth. A threemember administrative board at McChord Air Force Base here has recommended that the unmarried nurse, who is pregnant, be honorably dis-charged. Miss Struck is a Vietnam veteran. (AP

**Retired Dentist** 

Dr. Ross Gives Self Up To

Face Grand Jury Counts

The tenth man named in Berrien county's lengthy grand jury investigation into organized gambling sur-

Is 'Tenth Man'

kidnap victim, James R. Cross.

Army, Police Hunt Slayers

# TRAFFIC CRASHES KILL 5 IN BERRIEN, CASS, VAN BUREN!

# Two Elected As Directors

# Whirlpool Also Names **New Vice Presidents**

The board of directors of Whirlpool Corporation meeting here today elected Robert B. Willemin and Jack D. Sparks as members of the board.

The board also announced the election of two new vice presidents: Juel M. Ranum, corporate and public affairs; and Robert L. Brintnall, Whirlpool sales division.

Both Sparks and Willemin are group vice presidents of the

appliance firm.

Sparks has spent his entire

business career with Whirlpool. He joined the firm in 1740 and is currently group vice presi-dent, Marketing, Willemin joined the corporation in 1953 as an altorney and is now responsible for the Law department, International Division and Corporate and Public Affairs department.

Ranum has served as executive director of Corporate and Public Affairs since 1961 while Brintnall has been director of merchandising since 1966.

Sparks' appointment in 1958 as director of marketing followed advancements in various positions of greater responsibili-

positions of greater responsibilipositions of greater responsibility in the Sales department. In 1960, he was named vice president in charge of the Whirlpool Sales Division and in 1966 was named group vice president with the added responsibility for the Residential and Commercial Montreal Mood-the Residential and Commercial Sales departments. He assumed his current position when the responsibilities for the Consumer Services division, Physical Distribution, Economic and Market Research and Contract Sales department were added. In addition he serves as a member of the Board of Directors of sive hunt for the terrorists who blocks and checkpoints were set up on bridges and routes lead-their operations under the War of financial subsidiary. the Residential and Commercial

of financial subsidiary.

Sparks has been active in several trade associations including Brand Names Foundation, National Electrical Manufacturers association, American TRUDEAU MAKES PLEDGE
Trudeau himself pledged that
the law forces will find "these
vicious men" and bring them to
justice "in the calm and dispassionate atmosphere of Canadian

Trudeau himself pledged that
facturers association, American
Gas association, American
Home Laundry Manufacturers
association and the National
Industrial Conference board.

sionate atmosphere of Canadian courts."

He predicted more terrorist violence but declared the government will not back down.

The prime minister, himself a Quebecker, flew to Montreal unday night to pay his respects to the family of Laporte, Quebeck's labor minister, and to confer with officials. He then flew back to Ottawa, the federal capital.

Warrants were issued for the American Patent Law associates violence, and the conference board.

ELECTED SECRETARY

Willemin was elected secretary of the corporation in 1957. He had been vice president and general counsel since 1959.

A native of Ann Arbor, he has degrees in engineering and law from the University of Michigan. Bar of Michigan, American Bar Association, American Society of Mechanical Engineers, and Warrants were issued for the arrest of Marc Carbonneau, 37, a taxi driver, and Paul Rose, 27, a teacher, on charges of taking part in the kidnaping of Laporte Oct. 10 and Britain's trade commissioner, Cross two weeks ago today.

SHOT SATURDAY

Laporte was shot in the head Saturday and his body found early Sunday. A letter in Cross' handwriting that reached au-

early Sunday. A letter in Cross' bandwriting that reached authorities Sunday night said he was alive but in danger of execution at the hands of the Quebec Liberation Front.—Fi.Q.

Police raided a frame bungalow in St. Hubert this morning a half mile from where Laporte's body was found and said it may have been used by Laporte's Active for the past 15 years in

body was found and said it may have been used by Laporte's killers. There was blood on the floor.

Detective Sgt. Albert Lisacek said it was believed Rose may have used the bungalow but he did not say what led police to this belief.

Police officials said security in Montreal and the surrounding areas is tighter than ever before in history.

Becognized Liapote Lisacek said it was believed Rose may have used the bungalow but he did not say what led police to this belief.

Police officials said security in Montreal and the surrounding areas is tighter than ever before in history.

Becognized Liapote Liapote's Active for the past 15 years in the executive committee and and released also.

Cotoma Township Patrolman the board of directors since its inception and as chairman of the board for two years. Earlier this year, he was elected honorary chairman and was the first person to be elected a pum. Sunday on Red Arrow in Effetime member of the Board of Directors.

Ranum is a member of the Board of Directors.

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Ranum is a member of the Society of Directors and Executive committee and and released also.

Cotoma Township Patrolman the board of directors since its the board of directors in the board of directors since its the board of directors and released also.

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Cotoma Township Patrolman the board of directors since its the board of directors since its the board of



JACK D. SPARKS Elected Director



ROBERT WILLEMIN



JUEL RANUM



ROBERT BRINTNALL.

this belief.

Police officials said security in Montreal and the surrounding in Montreal and the surrounding areas is tighter than ever before in history.

326 ARRESTED

Up to this morning, 326 persons have been arrested in sweeps against the FLQ, which seeks independence for French-speaking Quebec through revolution.

Roadblocks have been set up lated the south shore. A police spokesman said every car leaving the less spokesman said every car leaving the less provided as a filter of the province also were being to provide a lastice ranks.

Major roads leading out of the province also were being to provide a lastice ranks.

Major roads leading out of the province also were being to pass to provide a pass to president of the south was not provided that share to the foundary of the said has severed as a member of the board of directors of the location.

Major roads leading out of the province also were being to pass to provide a pass to president of the location and the surrounding the served as a member of the board of directors of the location of the board of directors of the location of the public Relations Society of the board of directors of the location of the board of directors of the location of the public and the surrounding the left side of pass president of the location of the public Relations Society of the board of directors of the location of the board of directors of the location of the public Relations Society of the location of the location of the public Relations Society of the location of the location of the public Relations Society of the location of the location of the public Relations Society of the location of the location of the public Relations Society of the location of the location of the location of the public Relation of the location of the public Relation of the location of the public Relations Society of the location of the location of the public Relations Society of the location of the public Relations Society of the location of the location of the public Relations Society of the l

# BH Pair Die On Red Arrow

# Mother Falls Asleep; **Child Fatally Hurt**

Five persons were killed in traffic accidents this weekend and today in Berrien, Cass and Van Buren counties. An additional four were injured and admitted to hospitals. Two others were treated and released.

o nospitals. Two others were treated and released.

Berrien's three deaths brought the total for this year to 52.

With still two and one-half months remaining, the total equals the number of traffic deaths for the entire year of 1969.

Killed in Berrien county were:

Thomas Mitton McCarthy, 32, of 1324 Colfax avenue, Fair-

Thomas Milton McCarthy, 32, of 1324 Colfax avenue, Fair-plain, a Benton Harbor area schools teacher at Eaman school. Vincent Frank Zabratanski. Jr., 19, of Route 2, Benton Center road, Benton township. Timothy Kincaid, 7, of 514 West Maple street, Lansing, Killed in Cass county: Paul Deen Schell, 31, of Elkhart, Ind. Killed in Van Buren county: Merritt Daniel Helker, 27, of 3011 Eastern, Southeast, Grand Rapids.

Killed in van Buren.
3011 Eastern, Southeast, Grand Rapius.

McCarthy and Zabratanski were killed when their cars crashed head-on last night near Coloma. Timothy was killed when his mother's car hit a parked car on an exit ramp to business loop I-94 in Benton parked car came to rest at the edge of the freeway.

Shepherdson said Mrs. Kinger and Shepherdson said Mrs. Kinger at 2:30

at the edge of the freeway.

Shepherdson said Mrs. Kincaid had left Lansing at 2:30 a.m. after leaving work and was driving to Chicago. One of the children said she had fallen asleep at the wheel earlier and had struck two sign posts. The accident occurred at 4:35 a.m.

The parked car was locked and empty, Shepherdson said. The owner was identified as Manuel Valle of Detroit. Shepherdson said Mrs. Kincaid's car had left the westbound lane and was on the ramp leading to the 1-94 business loop. Schell was killed in a one-car accident Sunday at US-12 and Brush road in Cass county. Helker died in a one-car acci-dent south of Covert on I-196 this morning in Van Buren county.

The crashes in the three southwestern counties contrib-uted five of the 13 traffic fatalities counted in the entire

state over the weekend Injured were:

Timothy's mother, Mrs. Kenneth (Mary) Kincaid, 29, who was admitted to the University of Michigan hospital in Ann pital in Ann Arbor with a collapsed lung, fractured leg

Auto Deaths In Berrien County In and multiple uts and bruises. She was in serious condition today.

Her two other children, Jeff, 5, and Cindy, 9, were admitted to the Benton Harbor Mercy hospital. Jeff, admitted to intensive care, was being observed for a concussion and was in "guarded" condition. was in "guarded" condition. Cindy, admitted with a fractured hand, was in fair condition. car, Roger David Smith, 17, of Route 4, Box 18, Coloma, was admitted to Benton Harbor Mercy hospital and was in fair condition today. He was admit-ted with a fractured ankle.

Another pass-enger in Za-bradanski's e ar, Richard Pirr, 19, of 1718 Morrison street, Coloma was treated and released. Charles Auto Deaths In Cass Haeckler, 41,

ROBERT BRINTNALL
New Vice President burg, Mich., n. the fatal car in Van Buren, was treated executive committee and and released also.





VINCENT ZABRATANSKI, JR.

pavement before diving off the roadway into a field where it rolled and tumbled for another

rolled and tumbled for another 284 feet. He was thrown from the car. The crash occurred three miles west of Edwardsburg in Milton township.

He was taken to Pawating hospital in Niles and then transferred to the South Bend Memorial hospital where he was pronounced dead at 5 p.m. The accident was investigated The accident was investigated

by Cass county deputies.

The fatality was the 17th to
(See page 13, column 6)

# **Demonstration Ends In Death**

# Off-Road Vehicle Flips; Coloma Woman Dies

A Coloma area woman, Mrs Betty Louise Zwar, 44, of Lakewood Point, Paw Paw lake, died Saturday evening from injuries received when an all-terrain vehicle

overturned in a field in Bainbridge township.
Injured in the accident was
Louis G. Patek, 48, of Rose
Cottage, Coloma, listed by Berrien sheriff's officers as the
driver of the vehicle. Patek was
treated at Marcy hoguitable.

1-94 business loop.
THROWN FROM CAR
Schell was fatally injured
Sunday afternoon when his car
carcened 339 feet beside the

treated at Mercy hospital. Dr. A. J. Dalgleish of Watervliet, a Berrien county deputy medical examiner, said Mrs. Zwar died of multiple fractures of the skull and cerebral con-

cussion.

Sheriff's Lt. Irvin Divis reported that the vehicle, termed "Terra Tiger," overturned in a field at Shane Orchard Supplies, near Territorial road on M-140. Divis was told that Patek had asked Phillip Shane to drive the

vehicle, a demonstrator model.

Divis reported that Shane told him Patek and his passenger



# other a high mistemeanor. The felony charge is conspiring to violate state gambling laws, while the high mistemeanor charge is bookmaking. Both offenses of which he is accused allegedly occurred Sept. 20, 1969 through Jan. 4, 1970, in the City of Coloma and other places in Berrien county. Dr. Ross was expected to be other places in Berrien county. Dr. Ross was expected to be arraigned later today in Fifth District court. Bond-setting also is expected at that time. The grand jury investigation was headed by Berrien Circuit Judge Karl F. Zick and lasted more than three months. The investigation was climaxed last Scott. 24 when nine others were Sept. 24 when nine others were arrested. A tenth person named in indictments was sought since DR HOWARD E, ROSS

grand jury investigation into organized gambling surrendered himself this morning to county sheriff's deputies in the jail at St. Joseph.

Dr. Howard Elmer Ross, 57, of 136 Beechwood Circle, Watervliet, a retired St. Joseph dentist, was booked on two charges, one a felony, and the other a high misdemeanor.

When felows the second in the control of the second in the second

MONTREAL (AP) — A massive hunt for the terrorists who killed Pierre Laporte gave blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and checkpoints were set up on bridges and routes lead-blocks and routes leadda's largest city.

Security checks were inTRUDEAU MAKES PLEDGE

Army and police helicopters flew constantly over the city.

Local and Roal Canadian Mounted Police spot-checked

Security checks were increased at the U.S. border, parlicularly in New York, Vermont and New Hampshire.

The Canadian army, the



### THE HERALD-PRESS **Editorial Page**

W. J. Banyon, Editor and Publisher Bert Lindenfeld, Managing Editor

# Incentive Lacking To Trim Welfare Rolls

sion, discouraged relief recipients from going to work. This negative attitude recently sparked a letter to New York's Mayor Lindsay from ranking members of civic, trade and labor organizations. What aroused the signers was a news article in which poverty workers had spoken out against jobs for the poor which they considered demeaning — work in a department store, for instance.

ment store, for instance.

The letter stated that "this explicitly and succinctly sets forth a philosophy toward work and poverty which is totally self-defeating. . . by their (welfare workers') words, they dig more deeply the trench of despair in which the poor now find themselves."

The signers reminded the remainded the signers reminded the services.

The signers reminded the mayor that "many great careers began with jobs at the entry level," meaning at the ground

Lack of incentive for welfare workers to reduce their case loads is a part of the dilemma in which the City of Benton Harbor finds itself. City Manager Don

### Nader Book May Have Good Sale

It is one of the more dismal facts of automotive life that every now and again the Detroit assembly lines produce a lemon. This would not be so bad if one who buys a lemon could just turn it back for a no-trouble replacement. As any lemon owner knows, it's not easy.

Which is why Ralph Nader's forthcoming book, "What to Do With Your Bad Car—an Action Manual," may have quite a brisk sale. It sounds more practical than the common practice of telling the manufacturer and/or dealer what he can do with it.

### Ducking Is An Old Game

After the election Congress will go into a lame duck session which can be counted on to produce some lame arguments for ducking certain issues.

# For Volunteer Army A volunteer, no-draft army has become a highly popular

issue among campus radicals and congressional doves who conveniently forget that the concept first was proposed seriously by presidential candidate Barry

A no-draft army has some good features, the main one being that a professional army never would submit to an no-wir policy. Volunteers simply would refuse to enlist to fight for

draw on, President Johnson

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a public meeting of neighborhood groups last week.

The city desperately needs new business and industry to provide the tax base and jobs that make a thriving community. Instead, it has become an ever-expanding center for welfare Camilies,

"I have compassion for those in real need," said Stewart, "but Benton Harbor is bearing a disproportionate share which should be spread throughout the county.

Actually, latest figures indicate Berrien county's welfare rolls are increasing at the rate of 100 to 125 families a month. Most settle in Benton Harbor; some in adjacent Benton township. Over the years, this has created a core city unattractive to the very business and industry that Benton Harbor requires for its regeneration.

Funds for the major categories of welfare come about half from the state, and about half from the federal government. There is, therefore, little financial incentive at the municipal or county level to stem the vast expansion of welfare rolls that is taking place in Berrien county. Only the realization that the future of the entire community is threatened has recently brought outcries. Under prodding by the local Area Resources Improvement Council and State Senator Charles Zollar, help has been obtained to try to rewrite Berrien's inenviable record for being an easy county in which ADC fathers can avoid support payments.

The crackdown, scheduled to commence Nov. 1, is all to the good. But no one should expect it to clear up the welfare problem in this area — or even most of it. Only radical legislative changes at the federal and state levels can do this. Such changes may be long in coming. Too many politi-cians pretend a compassion they don't feel in order to win votes. And too many bureaucrats thrive not on reducing the numbers of

the poor but on increasing them.
If welfare costs were coming out of local tax funds, you can bet that unrold numbers of watch-dogs in every community of the land would promptly eliminate the frauds and cheaters. And while it might take longer, you can be sure the goal of public assistance would be changed to nutting neople on their feet instead of on their backs.

# Pluses And Minuses

Goldwater in 1964. Peaceniks tend to favor a

volunteer army because they don't think college students should have to defend their country. Some hawks, on the other hand, feel they should be compelled to serve simply because they are students.

anything less than victory. Without millions of draftees to

never could have gotten bogged THE HERALD-PRESS

SUBSCRIPTION BATES  down in a land war in Vietnam, which is fought on the enemy's terms, man to man. He would have had to rely more on American arms superiority, primarily air power.

In this day and age even the foot soldier must have some grasp of technology to run the sophisticated instruments of war. A draftee barely has time to learn his job before he is discharged. A disgruntled conscript has little incentive to learn his job well, particularly if he is a noncombatant.

On the minus side, however, a volunteer army would have no way of expanding itself rapidly unless it could draft in times of national emergency. And there is no indication that enough men would volunteer, even with higher pay and more benefits. Britain, which dropped the draft a few years back, has an undermanned army as a consequence,

And, too, a constant influx of draftees brings a certain civilian influence into the army, which to be a self-isolating organism. A professional army conjures up images of the old Junker-run army in Germany.

In any case, there needs to be more calm deliberation about a volunteer army than there has been. So far the matter has been debated largely as a hawk versus dove issue instead of what is the best means of defending the

United States,
The Army intends to put itself on a completely volunteer basis within a couple of years. Within months, the outlook for success
— or failure — should begin to make itself apparent.

# Everyone Wants To Get In The Picture



# **GLANCING BACKWARDS**

NOW AT 80 PERCENT MARK

With an important report day scheduled, United Community Fund has taken another major step toward its campaign goal of \$567,468.

Jerry May

of \$567,468.

Jerry McKinney, UCF campaign chairman, today announced that UCF pledges now stand at \$454,566 or 80 per cent of the goal. This is a \$46,000 increase over the amount tabulated three days ago. days ago.

URGED TO FOLLOW RAILROAD ROUTE

The St. Joseph Greater Community Corp., has come out for making the "penetrator" route from 1-94 expressway into the south part of the city follow the path of the now-abandoned New

WILLIAM RITT

## You're Telling Me!

SOVIET archeologists have discovered a 7,000-y ear old house near Cherkassy, Ukraine, built entirely of giant elephant bones. Could this be the original; poetic "ivory tower"?

A London restaurant now offers a choice of cheese or some vitamin pills for desert. No doubt that's what the

doctors order.

A wedding ceremony was recently held atop a 9,800-foot Utah mountain. Everybody got high — long before the reception?

Human muscles reach their greatest strength between the ages of 20 to 25 — nature item. And, boy, do pro football coaches know that!

York Central railroad route along the west side of the St. Joseph river and Morrison chan-

nel.
Coburn also said that he thinks the downtown St. Joseph is not dead but that there will have to be considerable work and planning to make best use of the central area.

DRAFT BOARDS START TODAY

Preliminary work for Berrien county's three district draft boards got underway today with Deputy County Clerk Joseph E. Betchek arranging registration county the court house. cards at the court house.

The registration cards will be turned over to the three draft boards, which will shuffle the cards, give each a number and then send them on to Washington for the first draft lottery.

FIRST SNOW

THE

St. Joseph and vicinity had its first taste of snow fall this fall

- but it was in very light form. Light flurries fell through the night and today accompanied by temperatures which dropped suddenly below the freezing

BACK HOME

-50 Years AgoMr. and Mrs. Benjamin
Rimes returned yesterday from
a two weeks' motor trip through
New York state. NEW OWNERS

E. D. Collins and Co., the well known shoe firm, have sold their stock of goods to M. D. Levinson of Chicago, who has assumed control of the store. William Baker, clerk, will remain with the new owner.

LEFT TOWN

-89 Years Ago—
The woman who ran the snap game on the corner has left town and some of the boys are already wondering where they will get their winter suit of elethos.

FAMILY LAWYER



## **RUTH RAMSEY**

# Today's Grab Bag

THE ANSWER OUICK! 1 — Who was Ra in Egyptian mythology?

-Who was Isis in Egyptian

mythology?

3 — What are the male names of the following animals: ass, swan, duck?

4 — What are the female names of the following animals: elephant, wolf, whate?
5 — What are the young names of the following animals: sheep, goose, fox?

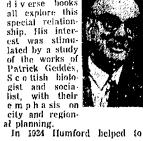
IT'S BEEN SAID

All human things are subject to decay and when fate summons, monarchs must obey. -YOUR FUTURE

The chief threat to happiness will be a tendency toward extravagance. Today's child will be refined and artistic.

BORN TODAY The relation of modern man to his natural and his self-ereated environment was the special concern of Lewis Mum-

special concern of Lewis Muling ford, American writer, philoso-pher, historian and teacher. Mumford's diverse books all explore this special relationship. His interest was stimu-lated by a study of the works of Patrick Geddes, Scottish biologist and socia-list, with their emphasis on city and region-



found the Regional Planning Association of America.

In his books "The Brown Decades" (1931), "The Culture of Cities" (1938), "City Development" (1945) and "The City in History" 1951), he shows how the city influences the development of civilization as well as expressing if

ment of civilization as well as expressing it.

In his books, Mumford describes the emergence of the modern scientific world and stresses man's obligation to use his now nearly infinite resources to help create a better life.

Mumford's "Sticks and Stones" was one of the first histories of American architecture. He collected his articles on architecture in a volume ture. He collected his articles on architecture in a volume called "From the Ground Up."
Two other import works are "The Golden Day," a pioneer study of 19th century American literature, and "Herman Melville"

Mumford also published "Green Memories," a biography of his son, Geddes, who was killed at 19 in World War II. Mumford has been the re-cipient of several awards for his

publications. Others born today include Mohammed Ali, Adm. Arleigh

IT HAPPENED TODAY On this day in 1781, the British surrendered at Yorktown.

HOW'D YOU MAKE OUT? 1 — God of the sun.
2 — Goddess of motherhood and fertility.
3 — Jack, cob and drake.

4 —Cow, bitch, cow. 5 — Lamb, gosling, cub.

### Heir Conditioning

Freddie was delighted to hear, at the reading of Uncle Dan's will, that he was supposed to inherit a large sum of money. But there was a catch. The money would be his only n on condition that he give up cigarettes.

In short order, Freddie chal-lenged the validity of this antieigarette clause,

"Uncle Dan had no right to try to control my private life in this way," he complained in a court hearing. "My personal habits including smoking, are no one's business but my own." LIMITS IMPOSED

However, the court ruled that Freddie would have to either give up his cigarette habit or lose the money. The judge said that since the money belonged to Uncle Dan, he had a right to put strings on his gift if he so

Of course it is natural, for a person making his will, to want to shape the character or conduct of his heirs. Nevertheless, the law does impose limits as to how far he can go. Consider this case:

A man left money to his daughter, on condition that she not only give up cigarettes herself but also make her busband give them up. This time, a court decided the man had gone too far and held

the anti-smoking clause null and void. The court said he had asked his daughter to do something that was not fairly within her power,

WORRIED ABOUT SON

Furthermore, in close cases, the courts are inclined to let the heir keep the bequest, even if he has not lived up fully to the expectations expressed in the will. Thus:

Another man was worried about his son's dissolute friends. He provided in his will that the son should have certain valuable real estate, so long as he did not become a "drunkard and a vagabond."

As things turned out after the man died, his son did indeed man died, his son did Indeed hecome a drunkard. But he never did become a vagahoud. Accordingly, not having acquired both of the vices specified in the will, he was held still entitled to the real estate. The court said it was reluctant to take away an inheritance unless the will left no real choice.

### DR. COLEMAN

# ...And Speaking Of Your Health

Why do so many superstitions about food and health exist? Last night 1 heard a new one from a friend. He said that garlie purifies and cleanses the blood. Is there any way to combat these myths?

Mr. O.W., Penusyivania Dear, Mr. W.: Some of the fads and myths about health, disease, foods

fads and myths abo
d i sease, foods
and nutrition
are charming
hand-me-downs.
Many of them
have no scientific validity,
but they do have
their adherents.
Surprisingly,
however, there h owever, ther

are many so-called myths that have exist Dr. Coleman ed for centuries and have proven themselves to

and have proven themselves to be true.

One favorite among the former is that fish is a brain food. To the fish, it is. Another is the emphatic statement that people with high blood pressure should not eat red meats. All this does is deprive them of a source of protein without affecting their blood pressure in any way.

Have you heard the one that says: "If you drink water with your meals, you get fat." But the gain in weight is due to the limitless calories you eat in between sips of water.

The relationship between oyster and fertility has been a curious but false one.

I have never quite understood

curious but false one.

I have never quite understood why masculinity is identified with eating raw eggs. Ugh! Make mine Benedict.

There are hundreds more. I would be delighted if my readers would send me their favorite ones.

favorite ones.

Your friend's belief about garlie is just a way to excuse the inevitable order of last night's dinner. Garlie and onions purify a room because they chase everybody out!

"I haven't had a good night's sleep in twenty years." This is my h u s b a n d 's chronic complaint. He liked to think that he

has insomnia, but he is health-ier than all of us. Mrs. N. R., New Jersey

Mrs. N. R., New Jersey
Dear Mrs. R.: I never did
understand why it becomes a
social distinction to consider
yourself an insomniac. I have
heard it said by many patients
that they can't ever remember
getting a good night's sleep or
being able to get to bed before
five in the morning. Yet they
continue to be in perfectly good
health.

Many people are threatened by the fact that they do not fall asleep as soon as their head hits the pillow. There really is no law that says that this must happen. The body is a very wise one and surprisingly can establish its own needs for the amount of sleep necessary for good health.

for good health.

I do believe that there undoubtedly are some factors that interfere with sleep. A heavy meal before going to bed can be distressing. An overheated room or one that is excessively dry may interfere with normal moisture in the nose, and be responsible for restless sleep. Stimulation following a card party or an exhilarating sport program may contribute to insomnia.

I find that the greatest threat

insomnia.

I find that the greatest threat to a good night's sleep is to take a period of wakefulness as a personal insult. If I awaken during the night, I get up and read, or listen to some music until I am tired. It works.

S P E A K I N G OF YOUR HEALTH: Know the telephone number of your poison control center. They have valuable information when you need it in

formation when you need it in an emergency.

Dr. Lester Coleman has prepared a special booklet for readers of the column entitled, "Pay Attention to Your Heart." For your copy, send 25 cents in coin and a large, self-addressed 6-cent stamped envelope to Lester L. Coleman, M.D., P.O. Box 5170, Grand Central Station, New York, N.Y. 10017. Please mention the booklet by title.

### JAY BECKER

# Contract Bridge

East dealer. East-West vulnerable NORTH ♣AKQJ103

WEST **↓ J852 ↓ A 1096 ♦ 94 ♣ 972 ∳** —— . **¥** KQJ732 ♦QJ10 ♣8654 SOUTH **AKQ107643** 

South West North
4 A Pass 4 NT
5 A Pass 6 A

K87653

Opening lead —ace of hearts. Here is a dramatic hand played by France and Italy in

the European championships.
When the French were NorthSouth, Bourchtoff opened four
spades and Szware responded
four notrump (Blackwood),) Szware then jumped to six spades after Bourehtoff had shown he had no aces. There was very little to the

Bourchtoff ruffed the heart lead, played a spade to the ace, cashed the A-K of diamonds and ruffed a diamond, eventually making six for a score of 980 points.

There were unexpected pyrotechnics when the Italians held the North-South clards. Their bidding inexplicably went:

South West North  $4 \spadesuit$  Pass 4 NT  $6 \spadesuit$  Pass  $6 \spadesuit$  7  $\Lambda$  Dble 7 NT

Jais, for France, started the ball rolling with a heart bid. Forquet bid four spades and, after Trezel passed, Siniscalco responded four notrump (not Blackwood). Forquet jumped to six d i am on d s, then boldly undertook a grand slam when Siniscalco corrected to six

spades.
Rightly or wrongly, Trezel doubled seven spades, a pro-cedure that might very well have induced declarer to take a first-round spade finesse and so land his contract. Howzyer, the double had an unexpected out-come when it convinced Si-niscalco that Trezel had a sure trump trick and that a grand slam could not be made in spades.

Accordingly, Siniscalco ran to seven notrump. It is true that he had no heart stopper, but he calculated (incorrectly) that Forquet would not have bid seven spades without the ace of hearts, and he thought that seven notrump might be made without bringing home all the

The outcome proved dissastrous when the defense quickly peeled off six heart tricks to set the contract 1,100 points. Italy lost 2,180 points on the deal.

### BENNET CERF

# Try And Stop Me

A CELEBRANT at the Kentucky Derby found his sixth mint julep too much for him, and sank at a Louisville saloon. "No more for you, mister," ordained the bartender. "You can't even lift your head from the bar." "Agreed," nodded the celebrant. "So give me a haircut."

It is an ironic fact that the Comstock Lode, the greatest silver bonanza of modern times, was named after a montebank, and the town where it was located, Virginia City, so called because a boozy ancient named James 'Tinney, nicknamed 'Old Virginny,' because that's where he came from, christened the growing hamlet one night while in his cups by emptying a bottle of rotgut whiskey in the main — in fact, the only street. The Comstock Lode (not far from where the city of Reno stands today) was accidentally uncovered by two clumsy sourdoughs named Pete O'Riley and Pat McLaughlin. Actually, they were looking for gold and didn't recognize a fabulous vein of silver when they came upon it was named after a montebank,



in 1859. They were delighted to cut a fast-talking faker named Henry Comstock in as a full partner — and soon he owned the whole works. The rest is history.

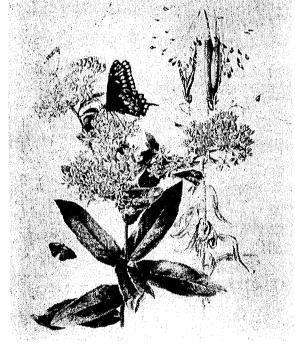
There's an elegant gentleman in Los Angeles who's an abselute whiz at repairing broken

pipes and clogged sinks, but who definitely does NOT like being called a plumber. His business card reads, "Hram Blank, DRAIN SURGEON!"

# ST. JOSEPH GIRL WINS JUNIOR MISS TITLE



KIRTLAND'S WARBLER painted by Guy Coheleach, famed illustrator, is available in picture-framing size to new members of Audubon Society.



BUTTERFLY WEED from the brush of Anne Ophelia Dowden, one of America's leading botanical artists, is one of two paintings offered as gift to new Audubon Society members

# **Audubon Units** Plan Campaign

## State, National Groups Seeking Members

Plans for sponsorship of a joint membership drive in Berrien county with the National and Michigan Audubon societies were announced today by Gerard Baumgarten, president of the St. Joseph Valley Audubon

Governor Milliken has pro-claimed October as Audubon Month, pointing out that "The Audubon society is interested not only in conservation of wildlife, but in air and water pollution, contamination from pesticides and the preservation of wilderness areas across the nation. The society endorses managed conservation practices

The special \$12.50 fee includes membership in both the National Audubon society and the Michigan Audubon society and a wildlife print. Cost of these separately is \$30. National Audubon members require "Audubon members require" in the control of the second of the secon separately is \$30. National Audubon members receive "Audubon" magazine six times a year athe outstanding national publication in the field of conservation. Michigan Audubon members receive that society's bimonthly newsletter and the Jack-Pine Warbler, a scientific publication devoted to ornithology.

Audubon activities in Berrien County are carried out by Sarett Nature Center and the St. Joseph Vailey Audubon Society who sponsor field trips, film and lecture programs and other nature and education oriented local projects.

Michigan Audubon has 24

Michigan Audubon has 24 local chapters and owns six major wildlife sanctuaries and nature centers for educational purposes and the preservation of special habitats. They are open to members and groups with educational interests. These centers are helping to

posticides and the preservation of wilderness areas across the nation. The society endorses managed conservation practices that protect and enrich our natural resources for ourselves and future generations."

New members who join during the drive will receive as a special gift their choice of either one of two limited edition signed prints by two of the country's most famous nature artists. The prints may be seen at Gillespies drug store, 220 Main in St. Joseph and at Sarett Nature Center, Benton Center road where membership forms and literature are also available.

The special \$12.50 fee includes membership in both the National Audubon society and the Michigan Audubon society and a Michigan Audubon society and a Michigan Audubon society and a membership and Audubon society and

Further information about membership and Audubon activities in this area may be obtained by telephoning Mrs. Evert Holm or Mrs. Robert Bradburn.

# Map On Display

Public hearing on St. Joseph ownship's new zoning and land use map will be held at 8 p.m. tonight in the township hall on Napier avenue near Colfax.

The regular township meeting will open at 7:30 p.m. and at 8 p.m. Supervisor Orval L. Benson is scheduled to officially open the hearing on the new zoning program.

The township planning board has worked for two years in studying new zoning regulations new land use

Most of the objections receive ed so far has been the suggest ion the southeast corner of the township and land along the Chesapeake and Ohio railway be rezoned light industrial.

The only other major change is to create areas for multiple family dwellings along Napier and Colfax avenues.

interested residents to attend the meeting to learn first hand



CROWN IS HERS: LuAnn Sila became the ninth Twin Cities Junior Miss Sunday afternoon. Dresses simply in white chiffon with pale blue ribbon sash, she received—in addition to her crown and an armful of red roses—a \$500 scholarship. (Staff photo)





Sincerity, youthfulness, enthusiasm, confidence and charm brought the title of Twin Cities Junior Miss to LuAnn Sila Sunday afternoon in St. Joseph high school

Field Of Thirty-One

By ARLYS DERRICK Women's Editor

auditorium.

Miss Sila, a senior at St.
Joseph high school and daughter
of Mr. and Mrs. Paul Sila of St.
Joseph, won the Junior Miss
crown and a \$500 scholarship
competing with 30 other seniors
from Benton Harbor, Lake
Michigan Catholic, and St.
Joseph high schools.

The pinth annual pageant was
school.

seph high schools.

The ninth annual pageant was conducted by the Twin Cities Jaycees and Jaycettes.

Winning the other top scholarships were Beth Lee, first runner-up, daughter of Mr. and Mrs. Sheldon B. Lee, St. Joseph, who attends St. Joseph high school and who was awarded a \$300 scholarship; Mary Jane Bronfenbrenner, daughter of Dr. and Mrs. Jack Bronfenbrenner, St. Joseph, \$200 scholarship, St. Joseph high school, and third runner-up, Sebronella Howard, daughter of Mrs. Mary Howard, Benton Harbor, \$100 scholarship, Benton Harbor high school.

SECOND SCHOLARSHIP

Miss Lee also received an achievement division award of \$100.

Other divisional awards were

Other divisional awards were received by Laura Mansfield, poise and appearance, Benton Harbor high school; Gail Armstrong, St. Joseph high school, creative arts, for a jazz dance routine, and Nora O'Neill, performing arts for a dramatic

Michigan. Her career choice is data processing and she enjoys reading, sewing, swimming and water skiing. Her talent performance was a piano solo.
Judges were William Devereaux, Mrs. Gratton Nowlen, Mrs. Carroli Williams, Mrs. Charles Shearer, and Allan Westmaus.

Charles Shearer, and Allan Westmaas.
Ronald J. Taylor, Berrien County Prosecuting Attorney, was master of ceremonies, Mrs. Maynard Johnson served as poise and appearance director, and organist was Mrs. Ruth Howard.
General chairman for the

General chairman for the pageant were Mr. and Mrs. Tomas Johnstone.

A regional Junior Miss page-ant in which Miss Sila will now compete will be held in Mid-land, followed by a state contest in Pontiac. National finals will be May 5 in Mobile, Ala.

# **Hearing Set** On Budget

PAW PAW — A public hearing is scheduled Tuesday on the proposed 1971 budget for Van Buren county.

The proposed budget will be available to the public at the county clerk's office in the counthouse here.

The hearing was originally scheduled for Thursday but was subsequently changed by county commissioner Daniel Pox of Decatur.

The proposed budget calls for expenditures of about \$1,713,000. The 1970 county budget was for \$1,618,000.

# Repeating 'Slave Day' Due to the huge success of year. Benton Harbor high school marching band's "Slave Day" held last month, band members have decided to repeat event this Saturday. Band President Darnell Fair said that around \$1,000 was carned by band members on "Slave Day" last month. The project was held in an effort to raise funds for various band projects throughout the school band room at 925-5101, Tuesday through Friday, between noon and 5 p.m. or Saturday between 10 a.m. and 5 p.m. or Saturda

BH Marching Band

Supervisor Benson urged all interested residents to attend



RUNNERS-UP: Receiving scholarships of \$300, \$200, and \$100 respectively in the ninth annual Junior Miss contest were, from left, Beth Lec, first runner-up, who also received the \$100 scholarship scholastic achievement award and who plans to become an English and drama teacher; Mary Jane Bronen-brenner, second runner-up who plans a career as a social worker, and Sebronella Howard who anticipates becoming a computer technician, (Staff photo)

# BH Community Education Staff Has Some New Faces This Fall

Benton Harbor's community education program starts its fall schedule of classes this week

### Officer Plans St. Joseph Visit

Orland J. Brown, service officer for Michigan Department of Amvets, will be at Michigan Employment Security commission office, 800 Port street, St. Joseph, Tuesday to answer questions on veterans

The service is available to all veterans, wido ws or their dependents. Quostions on companient on pensions and educational benefits will be an exwered. Brown will be at a swered. Brown will be a to effice from 2 to 5 p.m.

Problems of this community — Association For Retarded Chi veterans, will delinquency, drug dron will hold its Octobe meeting Oct. 29, instead of the regular meeting date Oct. 22.

The meeting will be held the Arlington trainable school meeting oct. 24.

The meeting will be held the Arlington trainable school mobile classroom, at 8 p.m. office from 2 to 5 p.m.

with new faces and new assignments on the administrative staff.

staff.
Samuel Mullice, a native of Savannah, Ga., is the new director of community education. He holds a master's degree from Eastern Michigan university and interned in the Mott Community school program at Flint.

Mullice said he finds a well-rounded program existing in

rounded program existing in Benton Harbor

'NEEDS EXPANSION' "However, it needs expansion in many areas to deal with the problems of this community -

ance," he noted.

"Programs are being developed to deal with these problems which exist throughout the entire area. I believe community education is needed in every

mobile classroom, at 8 p.m.

ty education is needed in every school, not just the six it has at the present."

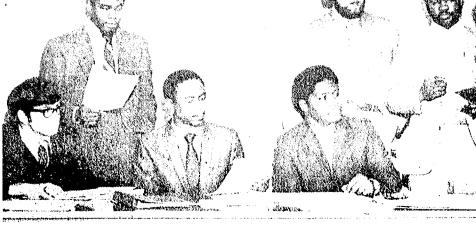
William Murrain, coordinator at Lafayette for two years, has

Van Buren Group

To Meet Oct. 29

BANGOR —The Van Buren Association For Retarded Children will hold its October meeting Oct. 29, instead of the requirement of the staff is John Team of the staff is John

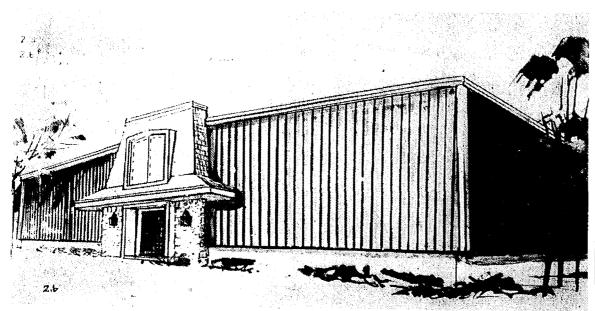
Dean of the staff is John David Waihee, III, a native of Hawall, who has been coordi-The meeting will be held in liawall, who has been coordithe Arlington trainable school nator at Fairplain East two



AUNCH COMMUNITY ED CLASSES: Members of the administrative staff of community education in Benton Harbor school district confer before the start of fall classes today. Left to right, front: James Kahl, Lafayette school; Samuel Mullice, di-

rector of community education, and Charles Murkey, Morton school, standing: Edwards Woods, Jr., Benton Harbor junior high; David Smith, Seely Mc-Cord; William Murrain, Bard, and John Walhee, III, Fairplain East. (Staff photo)

# FALSE FIRE ALARMS PLAGUE SOUTH HAVEN



NEW MASONIC TEMPLE: Ground was broken Saturday for a new Masonic Temple in Saugatuck. The new structure when completed in December will look like this with steel sheeting in Masonic blue, split field stone trim and shake shingles. The 80 by 80 foot building on Bue Star Memorial

# Van Buren Cases Police Arrest 5 On 'Pot' Counts

By STEVE McQUOWN Paw Paw Bureau

PAW PAW-Two young men, including a Benton Harbor man, were to be arraigned in Seventh district

# Bond Issue It Topic At Coloma COLOMA — A special meet COLOMA — A special meet Court today, on charges of possession of marijuana. The arrests brought to five the number of weekend arrests on charges involving narcotics. State police said Frank L. Gillespie, 22, of Grand Rapids, and William T. Beene, 22, of 518 Niles street, Benton Harbor, were arrested about 8:25 p.m. Sunday in Keeler. State police said officers stopped a car which had not dimmed its lights and subsequently found a small quantity of what is suspected to be

COLOMA — A special meet-COLOMA — A special meeting of the Coloma Community School board is scheduled for Tuesday to work out a bond issue proposal for classroom expansion.

The meeting, slated to hegin at 8 p.m., will also find hids for an addition to Washington school being publicly opened.

A citizens advisory commit-

school being publicly opened.

A citizens advisory committee, comprised of 30-mmebers, recommended a \$2,071.853 proposal to the board last week. The recommendation is not binding, and could be accepted entirely, in part, or totally reported.

entirely, in part, or totally clothes, according to a snering rejected.

Bids on the addition to Washington school would be, upon completion, used for kindergarten classes.

Saturday night, a 14-year-old boy also from Wolf Lake trailer park, was questioned by state police about a small quantity of hand rolled cigarettes found in the presentation by his father.

shall Badt reported that the state police said. shall Badt reported that the board will also handle any other business that may come before them during the special meet-them during the special meet the special

40 by 50 foot dining room, plus kitchen, large foyer, restrooms and storage area. Purchase of the threeacre site and construction of the building is being made possible through various fund raising events

highway will include a 40 by 60 foot lodge hall,



GROUND-BREAKING: Officers of the Saugatuck Masonic Lodge break ground using large gold trowel shaped like emblem of order for new Masonic temple on Blue Star Memorial highway. Holding cCray, president of the Saugatuck Masonic Temple association (left), and Lath-rop Morse, master of the Saugatuck lodge. Standing from left are Robert Taft, vice-president; Charles Schoppe, acting junior deacon of the lodge; and Theodore Nielson, senior warden of the lodge. Charles Lorent Parker. lodge. (Prosch-Jensen photo)

# Paw Paw Hospital **Doctor's Hearing** Planned Tuesday

PAW PAW—Lake View community hospital officials are scheduled Tuesday to meet with Dr. Tim McManus to decide whether he should be reinstated to the hos-

# Outdoor **Boxes May** Be Pulled

### Adult, Juvenile Arrested During Current Outbreak

By TOM RENNER South Haven Correspondent

SOUTH HAVEN — City officials are considering the deactivation of its outdoor fire alarm boxes because of a rash of false alarms.

Firemen have responded to 16 false alarms since August ac-cording to fire chief Leslie Olmstead.

The city maintains 24 alarm boxes which are scattered throughout the community and were installed when telephones were not as large in number as today. today.

Most of the false alarms were

pulled on the north side of the community near the resort district. One box at Indiana avenue and Campbell street has been pulled five times during the recent rash. False alarms have proven

costly for the city which usually dispatches a truck and one fireman to check its authenticity before activating a genera

alarm.
"It isn't the cost so much than the fact that you don't

than the fact that you don't believe them (the boxes) anymore," Olmstead said.

Two people — one a juvenile — have been caught pulling the alarm boxes. The adult was fined \$53, sentenced to two weeks in jail and six month probation after he pulled a box near South Haven community hospital. The juvenile has been petitioned to Van Buren probate court.

The city is also considering moving the alarm boxes inside several factories and the hospi-

# Hoosiers Arrested In Cass

CASSOPOLIS — Two Indiana men were taken into custody by Cassopolis police Sunday night Cassopolis police Sunday night after a tavern owner reported two men were trying to peddle payroll checks amounting to more than \$1,000 for \$50 cash. The owner said the men were in his tavern at the time.

Cassopolis Police Chief Bill Barrs said Victor Segovia, 29, Elkhart, Ind., was arrested on a charge of possession of stolen

charge of possession of stolen property. Bernardo Rico, 25, Milford, Ind., was arrested on a charge of drunk and disorderly,

The checks were drawn on G odfrey conveyor company, Elkhart, which had been broken into earlier in the weekend and its safe broken open, according

# Township Policemen Get Thanks



JUST DUCKY: "Twilight Swim," a high-contrast study of a mother duck and her brood crossing a pond, won second prize for this newspaper's Wes Stafford in the Inland Daily Press Association contest. Picture was taken at dusk with a Nikon F camera, 105 mm lens. Darkroom technique with Contrast Ortho film heightened contrast of original picture.



WES STAFFORD

# By Wes Stafford Ducky Photograph

# Wins In Contest

Wes Stafford, staff member of this newspaper, won a second place award in the Inland Daily Press Association's 30th annual news pictures contest. The competition drew more than 2,400 entries.

petition drew more than 2,400 entries.

A high contrast picture of ducks crossing a pond in the late afternoon sun brought Stafford an award in feature competition for newspapers with circulation of 15,000 or more. Awards to the 37 contest winners were presented today at the annual meeting of the Mediil School of Journalism, Northwestern university. Staffford has taken three awards in recent Michigan Press Contests.

# LMC Board Races Also taken in the burglary, according to Elkhart police, was a pick-up truck. The truck was recovered in Cassopolis. Field Questions

Written questions addressed to individual speakers will be the procedure at a "sneak out" for Lake Michigan college board of trustee candidates Tuesday evening at the student union on the new LMC campus. Time of the session will be 7:30.

All five candidates for two COLOMA — Coloma township police chief Jack Page and Lieuteneant Tom Yops have been thanked by letter from the State Police for the received the meeting, which is the police of the meeting, which is the provided the meeting, which is the police for their provided the meeting, which is the police for their provided the meeting, which is the police for their provided the meeting, which is the provided the meeting and the police for their provided the meeting and the police for their provided the meeting and the police for their provided the meeting and the police for the provided the meeting and the police for their provided the meeting and the police for their provided the meeting and the police for the

LOMA — Chief Jack Page tenenal Tom Yops have a tenenal Yop tenenal to decide whether he should be reinstated to the hospital's starff.

McManus was suspended as grounds he had failed to keep patient records completed as proquired. A re-instatement hearing, was to be held within 20 attempted to the board had not required a record to complete the board declined to the board had not required a record to complete the serious part of the controversy has enveloped the hospital and declined to keep the hospital so the held within 20 attempted to the board declined to the board to the total to the board to the total to the board to the company and the professional to the board to the possibility of the controversy has enveloped the board and to required and decided to the board to the total total

GOBLES ROYALTY: Randy Green, 17, son of Mr. and Mrs. Donald Green, 206 East Van Ruren, Gobles, and Toni Grudecki, 17, daughter of Mr. and Mrs. Anthony Grudecki, 506 West Van Buren, Gobles, are the homecoming king and queen of Gobles high school. They were crowned during half-time ceremonies of the Gobes-Martin football game Friday night. Both are seniors at Gobles high school. (Marraret Norman photo) high school, (Margaret Norman photo)

Van Buren

# Migrant Unit Sets Meeting

KEELER — The Van Buren county Migrant Affairs council will meet Tuesday at 7:30 p.m. in the Ferris Pierson home, route 6, Dowagiae.

Mrs. Virginia Rosevelt, secretary, announced that guidelines issued by the Tri-County Community Action program for migrant aid would be discussed.

The Pierson home is located south of Keeler just east at the end of county road 687.

### SAFEI SIMPLEI EFFECTIVEI

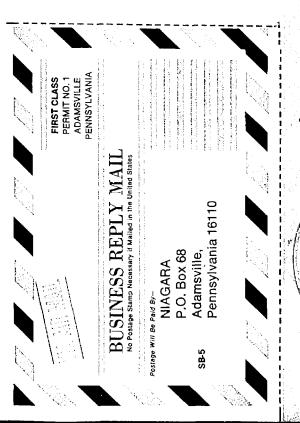
Niagara Cyclo-Massage has helped over a million men and women. Let it help you too... in getting blessed relief from minor pains of arthritis, rheumatism, and muscle spasms, sleeplessness and everyday tensions, whenever they occur!

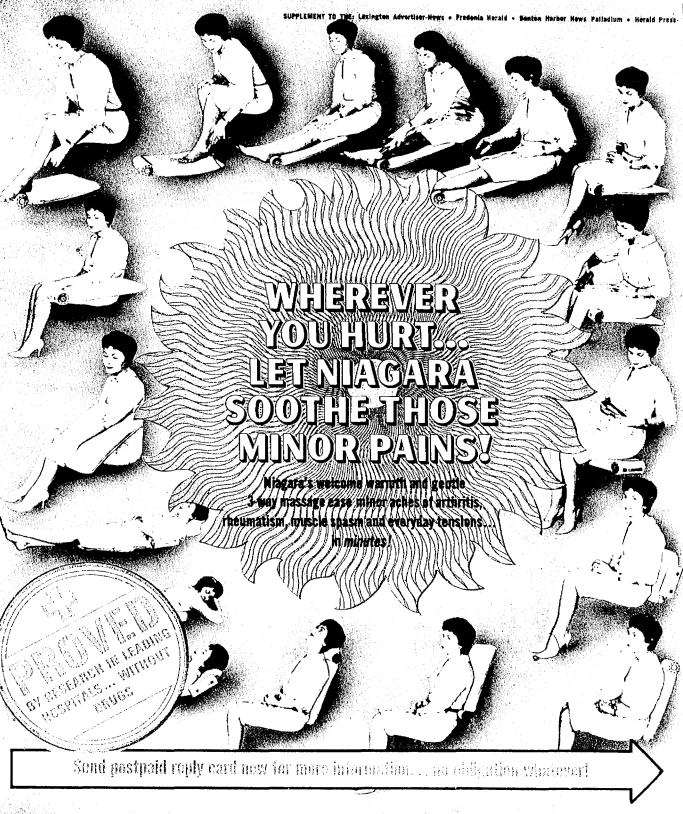
# Mail this card at once!

The 60 seconds you spend putting your name and address on the attached card may change your life. Don't wait! Do it now! Take this first step on the road to feeling wonderful, relaxed, "alive again!"

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# Feeling older than you really are?

TIRED?



SORE?

# Discover a new joy in living ... when the minor aches and pains of

Artiritis, Kinematisan, Everyday Tensions Just Melit with Wiagara Cyclo-Massage

### Picture Yourself Enjoying a Niagara Cyclo-Massage

For just a minute, imagine that you're relaxing in the sunshine. Really imagine it ... really feel the warmth flowing into your tired bones and joints. Then, as you gradually "unbend" from the cares of the day, imagine firm but gentle fingers starting to massage you where it hurts... massaging in three separate directions: now up and down, then sideways, then in a circular motion. You feel those minor aches and pains of arthritis and rheumatism just melt. Your everyday tensions begin to dissolve. You begin to feel vibrant and really alive... ready to enjoy life again!

You've just had a preview of a Niagara Cyclo-Massage. But even the most vivid imagination can't really picture just how much repeatable relief and comfort you can get from an actual Niagara Cyclo-Massage. It's hard to imagine just how relaxed it will make you feel. For with Niagara, you have to feel it to believe it!

### More than a Million Men and Women have found Relief with Niagara Cyclo-Massage. It's Hospital-Tested!

We tested Niagara for 15 years in hospitals. We spent more than a million dollars on research. All this time and effort have proved that Niagara is safe and effective in helping to provide temporary relief of minor discomforts of Arthritis and Rheumatism.

But don't confuse Niagara Cyclo-Massage with ordinary vibrators with their

hammer-like strokes. Niagara is safe and gentle, yet far more effective. Its patented 3-way Cycloid\* Action is a unique combination of up-and-down, circular and sideways massage. Massage that reaches right through body tissues.

### How Niagara Cyclo-Massage helps you feel better

- " Eases everyday nervous tension
- \* Promotes deep, restful sleep without drugs
- Relieves minor pain of sore, aching muscles and joints
- \* Increases blood circulation wherever applied
- Helps relieve minor pains of Arthritis and Rheumatism, whenever they occur

### Ease Minor Pain, Relieve Everyday Tensions, Sleep Better without Drugs!

Combined with soothing controlled heat, Niagara's gentle yet penetrating massage helps ease daily tensions, relieve minor muscular and joint pains, and promote more restful, drug-free sleep.

In addition, tests conducted by medical researchers proved that Niagara increased blood circulation in the area of application and helped to improve flexibility. These and other remarkable test results have been fully reported in the booklet, "Research Reports." A copy is yours for the asking... and there's no obligation!

# MOVING HEAT PLUS PENETRATING MASSAGE Not to be Confused with Ordinary Vibrators!

Niagara's action in no way resembles the hammer strokes of a vibrator. Rather, Niagara's action is gentle, soothing combination of up-and-down, circular and sideways massage that penetrates through body tissues into sore muscles and aching joints. You have to feel it to believe it!

### Get Your FREE Copy of "Research Reports"

The 16-page illustrated book, "Research Reports" describes the tests that have demonstrated Niagara's safety and effectiveness in helping ease minor pain, increase blood circulation in the area of application, relieve everyday tensions. "Research Reports" also has photographs of the many types of units, from small portable units, such as the Thermo-Cyclopad\*, to deluxe loungers and executive chairs.

Send for your FREE copy of "Research Reports" today. We'll mail it to you without obligation. Mail the postage-paid reply card today!

Adamsville, Pa. 16110

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Niagara Cyclo-Massage

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Gentlemen:

Please <u>mail</u> me the facts about Niagara Cyclo-Massage and how it can bring repeatable relief from minor arthritis, rheumatism and back pain... without drugs. Send me your free, colorful, 16-page illustrated research book at once! I understand that mailing this card places me under no obligation.

Name\_\_\_\_\_\_(please print)
- Address\_\_\_\_\_\_
City\_\_\_\_\_\_
State\_\_\_\_\_\_Zip\_\_\_\_\_



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